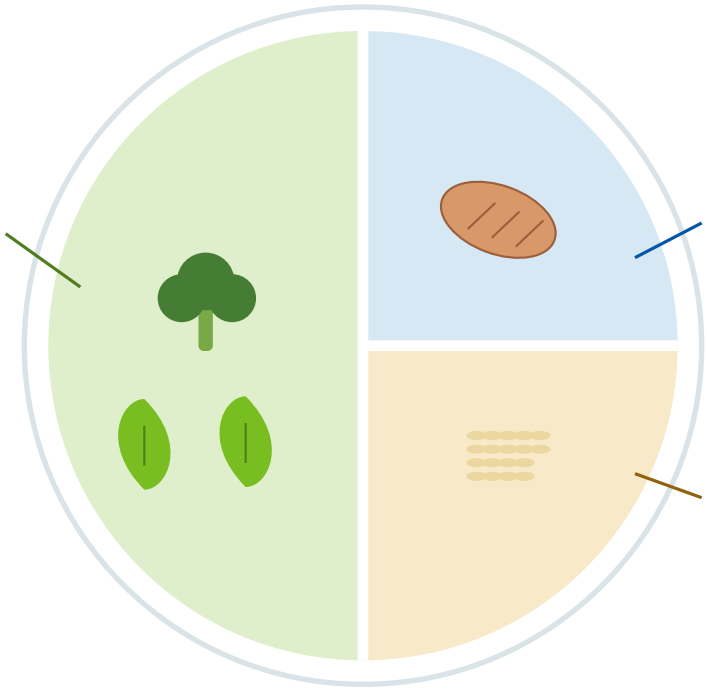
01 / YOUR STARTING PLATE

Eat with purpose. Build it gradually.

Lean protein. Plenty of vegetables. Intentional portions. More water. Repeat.

1/2 PLATE

Nonstarchy vegetables



1/4 PLATE

Lean protein

1/4 PLATE

Carbohydrate foods

A starting structure, not a perfect-food test.

JUMP TO WHAT YOU NEED

01 Protein + vegetables >
02 Carbs + fats >
03 Drinks + water >
04 Your four-week start >
05 Choose your approach >
06 Numbers + references >

You do not need a perfect diet to begin making progress. Tap the chapter links; type in the fields and check off the practice prompts in a compatible PDF viewer.

02 / BUILD THE FOUNDATION

Protein first. Vegetables alongside.

Choose familiar foods. Use simple visual cues. Add a little more consistency.



Lean meat / fish



Tofu / beans



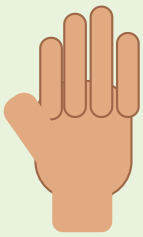
Broccoli / greens



Color + variety

01 / Put lean protein in your meals

Build meals around chicken or turkey without the skin, fish, lean cuts of meat, eggs, plain Greek yogurt, cottage cheese, tofu or tempeh. Beans and lentils contribute both protein and carbohydrates. Bake, grill, roast or air-fry more often; pay attention to oils, breading and sauces.



A PALM-SIZED START

Often 3-4 oz cooked meat or fish. A visual cue, not a macro measurement.

Practical starting point: a palm-sized portion at a meal, often about 3-4 ounces cooked meat or fish. Plant proteins and dairy vary; check the label. A palm is a visual guide, not a precise macro measurement.

02 / Make vegetables regular

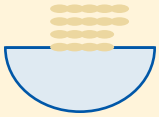
Aim for about half your lunch and dinner plate to be nonstarchy vegetables: broccoli, greens, peppers, green beans, carrots or a salad. Fresh, frozen and canned vegetables can all work. Choose lower-sodium options or rinse when useful. Start with one extra serving if vegetables are not yet a habit.

TRY THIS: Add protein to breakfast or one extra vegetable serving to dinner. Start with the habit you can repeat.

03 / MAKE PORTIONS INTENTIONAL

Keep carbs.
Be deliberate with fats.

Both belong in a balanced eating pattern. Portions are where you practice.



CARBS

Fuel for training.
Manage the portion.



FATS

Useful nutrients.
Amounts add up.

Carbohydrates: keep them in perspective

Carbohydrates fuel training. Choose portions of oats, potatoes, rice, whole-grain bread, beans and fruit that fit your appetite and goals. Start with about a quarter plate of starch or grain. Fruit and dairy also contribute carbs; you do not have to avoid them.

Fats: use a measured amount

Fats support normal body function, but portions add up quickly. Use measured amounts of olive oil, nuts, seeds, avocado and dressings. A thumb-sized amount of added fat is a rough cue, not a required limit. Adjust portions with your coach rather than cutting entire food groups.

ONE SIMPLE MEAL



Chicken / tofu | Plenty of vegetables | A portion of rice | A little oil / sauce

Frozen ingredients and simple convenience foods are welcome. A thumb-sized amount of added fat is a rough cue, not a required limit.

04 / MAKE THE DRINK SWAP

Less liquid sugar. More water in your day.

Make this one of your first changes. Start with the drinks you have most often.

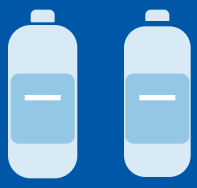


Sugary drink → **Diet / zero-sugar** → **Water / unsweetened**

A practical transition when needed

Regular soda, sweet tea, juice drinks, sports drinks and sweetened coffee can add substantial calories without much fullness. Make this one of your first changes. Water, sparkling water and unsweetened tea are useful defaults.

If switching directly to water is not realistic, replace regular soda or sweet tea with a diet/zero-sugar alternative. Use it as a practical transition. It helps when it replaces sugar and calories; it is not a fat-loss product or a substitute for nutritious food.



64 FL OZ TO START

2 x 32 oz bottles = 8 x 8 oz cups

YOUR WATER CHECK-IN



Spread water through the day. This is a BX5 starter habit, not a universal prescription or a ceiling. Needs vary with size, heat, exercise and sweating; food and other drinks supply fluid too. Follow any prescribed fluid restriction.

05 / PRACTICE, THEN BUILD

Change a few things. Make them stick.

A four-week start. Move at a pace that works for you; these are practice steps, not deadlines.

01

Make the swap

Replace one regular sugary drink each day. Carry a water bottle.

02

Build the meal

Add lean protein to breakfast and vegetables to dinner.

03

Notice portions

Measure carb/fat portions that are easiest to overeat.

04

Review + adjust

Review consistency, hunger, energy and your weight trend. Keep what works.

ROOM FOR REAL LIFE

"Goolosh" means the discretionary foods or drinks you plan to reduce. Agree on your list and serving definitions. A treat does not make a day a failure; a zero-sugar drink replacing a sugary one does not automatically count as goolosh.

A QUICK DAILY CHECK

- ☐ Included protein
- ☐ Ate vegetables
- ☐ Portions were intentional
- ☐ Replaced sugary drinks
- ☐ Made room for movement
- ☐ Made room for sleep

ONE THING I WILL PRACTICE NEXT:

06 / CHOOSE YOUR STRUCTURE

Three approaches. One consistent practice.

Choose the amount of tracking that helps you follow through. You can adjust with your coach.

1 Macro targets

Track protein, carbohydrate and fat grams within a calorie budget. Protein supports muscle retention during weight loss, especially alongside strength training. The BX5 planner starts with 1.6 grams of protein per kilogram of current body weight, 30% of calories from fat and carbohydrate from the remaining calories. These are adjustable starting choices, not an optimal ratio for everyone. A lower 1.2 g/kg option is available.

2 Calorie budget

Track total calories without having to hit exact macro numbers. Include protein and vegetables regularly. Age, height, weight, equation sex and activity are used to estimate maintenance needs. The calculator compares your requested timeline with a more conservative starting budget. Do not add workout calories again if they are already reflected in your activity selection.

3 Plate + Practice

Use the plate method and a repeatable two-week habit experiment instead of tracking every gram. Build half the plate from nonstarchy vegetables, one quarter from protein and one quarter from carbohydrate foods. Replace sugary drinks, portion calorie-dense extras and review your trend after 2-4 weeks. If progress stalls, change one portion or habit with your coach. This BX5 adaptation is informed by plate-method and behavior-change guidance; it is not a separately validated diet or a guaranteed pace of loss.

BUILD YOUR PLAN

OPEN THE DAILY CHALLENGE

07 / READ THE NUMBERS WISELY

An estimate starts the plan. Your trend helps refine it.

Use the calculator as a starting point. Pay attention to appetite, recovery, energy and longer-term progress.

ESTIMATE	PRACTICE	REVIEW
Starting needs	Repeat the basics	Look at 2-4 weeks

Treat numbers as a starting estimate

The planner uses the Mifflin-St Jeor resting-energy equation and approximate activity multipliers. Goal math uses 3,500 calories per pound only as an initial planning approximation. Actual loss is not linear: water, metabolism, medications and adherence matter. The NIH Body Weight Planner is linked for a more detailed dynamic model. Reassess after 2-4 weeks rather than chasing daily fluctuations.

THE PLANNER'S STARTING GUARDRAILS

For adults with excess weight, gradual loss of about 1-2 pounds per week is a common general reference; slower can be appropriate. The BX5 tool limits suggested deficits to the lower of 25% of estimated maintenance or 750 calories/day, and uses intake floors of 1,200 (female equation) or 1,500 (male equation). These are conservative product guardrails, not a personalized medical clearance. Some adults need more food or a different approach.

GENERAL ADULT EDUCATION

General education for nonpregnant, nonbreastfeeding adults 18+. Do not use automated weight-loss targets during pregnancy/breastfeeding, with an active/history of an eating disorder, or when a clinician advises against weight loss. Obtain individualized guidance for kidney disease, diabetes medications, prescribed fluid limits or other medical nutrition needs. The challenge grade measures reported habits, not health or personal worth.

The 64-ounce habit, challenge grade and two-week practice format are BX5 coaching choices, not clinical assessment tools. Save a local copy to keep your PDF entries; viewer support varies.

08 / REFERENCES + NEXT STEP

Keep the basics simple. Know where they come from.

Selected references from Draft 1. Tap a source title to open the research or guidance.

01 **CDC / Steps for Losing Weight**
Gradual goals, small behavior changes and attention to sleep and activity.

02 **CDC / Diabetes Meal Planning**
Visual plate method. Used here as general meal-building guidance.

03 **CDC / Water and Healthier Drinks**
Individual water needs and alternatives to sweetened drinks.

04 **Mifflin et al. / Resting-energy equation (1990)**
Resting-energy prediction equation.

05 **Leidy et al. / Protein and weight management (2015)**
Review of higher-protein diets; 1.2-1.6 g/kg/day as a useful range in weight management.

06 **McGlynn et al. / Low- and no-calorie drinks (2022)**
Randomized-trial meta-analysis of low/no-calorie drinks replacing sugary drinks. Benefits are substitution-specific.

07 **NIDDK / Body Weight Planner research**
Dynamic weight-change research and limitations of simple calorie math.

08 **AHA / ACC / TOS / Weight-management guideline (2013)**
Evidence-based calorie-deficit approaches and individualized intake levels.

YOUR NEXT STEP: PICK ONE HABIT.

Then show up for it. One meal. One choice. One day at a time.